Background

"Coaching for volleyball can be classified under two main categories: match coaching and developmental coaching. The objective of match coaching is to win a match by managing a team's strategy. Developmental coaching emphasizes player development through the re-enforcement of basic skills during exercises known as "drills". Drills promote repetition and refinement of volleyball movements, particularly in footwork patterns, body positioning relative to others, and ball contact. A coach will construct drills that simulate match situations, thereby encouraging speed of movement, anticipation, timing, and team-work. At the various stages of a player's career, a coach will tailor drills to meet the strategic requirements of the team."  

(www.answers.com/volleyball&r=67 , 12th May, 2007)

Throughout this unit you have been examining the concepts and principles regarding the Learning of Physical Skills. The Phases of Learning, Skill Classification, Factors affecting Learning, Types of Practice and Feedback have been covered whilst participating in the in-direct interceptive game of Volleyball. Using your recently acquired knowledge, apply these concepts and principles in addressing the task.

Results

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<th>D1 - ACQUIRING</th>
<th>D2 - APPLYING</th>
<th>D3 - EVALUATING</th>
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St. Joseph’s Nudgee College
HEALTH & PHYSICAL EDUCATION DEPARTMENT

STUDENT NAME
TEACHER (Tick one)

GENRE Research - Report
WORD LENGTH 800-1000 words

CONDITIONS Independent & Class time allocated References list compulsory
TASK OUTLINE DUE
DRAFT COPY DUE DATE

FOCUS AREA A – Learning Physical Skills
FINAL COPY DUE DATE
Task

In the form of a Research Report, collect data relating to your physical skills in Volleyball and make a decision as to which is your weakest skill requiring improvement. Synthesize three (3) separate training sessions which aim to enhance your skill, justifying your decisions and recommendations with logical argument, relevant motor learning concepts and principles, and appropriate supporting evidence.

Scaffolding

☐ **Collect** data on your skill level in Volleyball and **present** this information in a logical, diagrammatical format.
☐ **Analyse** your data and identify your weakest physical skill, explaining your decisions.
☐ **Synthesize** three (3) separate skill-based training sessions that aim to improve the learning of the selected physical skill.
☐ **Justify** how and why your training sessions (e.g.: drills/activities/etc.) will improve your weakness, through logical argument and appropriate usage of supporting evidence.

Suggested Essay Format

- This Research Report is to be completed using formal language, in the 1st person narrative, where possible.
- Word Length = 800 – 1000 words
- Referencing – follow the standard ‘Harvard system’ format for referencing supporting evidence.
  (Research should show evidence obtained from a wide variety of sources.)
- Ensure that you use accepted forms of bibliography, appendices and acknowledgement of sources.
- A rough, working draft of the Report will need to be submitted approximately 1 week before the Final Copy is due; Draft & Final Copy to be submitted via Turn-it-in.(+Student Café upload for Final Copy.)
- Suggested ‘Research Report’ Structure – see below:

**Basic Report Sub-heading guide:**

- **Introduction** (Topic Outline and Focus of the Report)
- **Data Collection & Analysis** (Raw data & diagrammatical presentation)
- **Recommendations** (Design of 3 Training Sessions)
- **Justification** (Support for Decisions made)
- **Conclusion** (Final Summary of Report)
- **References**
### DIMENSIONS

#### ACQUIRING

**Refers to abilities such as:**
- Acquiring
- Identifying
- Describing
- Recalling
- Comprehending

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| The student work has the following characteristics:  
- in-depth comprehension of a wide range of terminology, principles and concepts relevant to Motor Learning and Skill Acquisition for Volleyball.  
- sustained and accurate use of appropriate textual features for a Research report, such as report sub-heading structure, referencing formats, sentence construction, and spelling and grammar. | The student work has the following characteristics:  
- comprehension of a range of terminologies, principles and concepts relevant to Motor Learning and Skill Acquisition in Volleyball.  
- accurate use of appropriate textual features for a Research report, such as report sub-heading structure, referencing formats, sentence construction, and spelling and grammar. | The student work has the following characteristics:  
- comprehension of fundamental terminologies, principles and concepts relevant to Motor Learning and Skill Acquisition in Volleyball.  
- use of appropriate textual features for a Research report, such as report sub-heading structure, referencing formats, sentence construction, and spelling and grammar. | The student work has the following characteristics:  
- recollection and recognition of simple terminologies, principles or facts relevant to Motor Learning and Volleyball.  
- use of textual features for a Research report, such as report sub-heading structure, sentence construction, and spelling and grammar. | The student work has the following characteristics:  
- recognition of some information associated with the Learning Skills and Volleyball.  
- use of texts, that convey little meaning in addressing the task. |

#### APPLYING

**Refers to abilities such as:**
- Applying
- Interpreting
- Adapting
- Integrating
- Analysing
- Manipulating

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| - insightful, independent and appropriate analysis and application of information relating to Motor Learning and Skill Acquisition in Volleyball, as well as relevant interpretation of data in making decisions.  
- purposeful and effective selection, sequencing and organization of relevant and substantial Motor Learning concepts and principles, in order to allow the Research report to develop. | - independent and appropriate analysis and application of information relating to Motor Learning and Skill Acquisition in Volleyball.  
- purposeful selection, sequencing and organization of relevant and substantial Motor Learning concepts and principles. | - appropriate analysis and application of information relating to Motor Learning and Skill Acquisition in Volleyball  
- suitable selection, sequencing and organization of relevant Motor Learning concepts and principles. | - comparison and categorisation of information relating to Motor Learning and Skill Acquisition in Volleyball  
- selection and sequencing of Motor Learning concepts and principles. | - comparison and categorisation of information with assistance. |

#### EVALUATING

**Refers to abilities such as:**
- Decision-making
- Modifying
- Evaluation
- Concluding
- Appraising

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| - discerning, convincingly justified and independent evaluations of skill level, decisions made in the design of the training sessions, and predicting the impact on skill level and the effect on Volleyball playing performance.  
- discerning and effective choice of communication strategies to enhance meaning and impact of the Research report, such as argument development, supporting evidence, report structure, and referencing formats. | - justified and independent evaluations of skill level, recommendations made in the design of the training sessions, and predicting the impact on skill level and the effect on Volleyball playing performance.  
- effective choice of communication strategies to enhance meaning and impact of the Research report, such as argument development, supporting evidence, report structure, and referencing formats. | - defended evaluations of skill level and recommendations made concerning the training session design and the effect on Volleyball playing performance.  
- effective choice of communication strategies to enhance meaning in the Research report, such as argument development, supporting evidence, report structure, and referencing formats. | - superficial evaluations of skill level or recommendations made concerning the training sessions and Volleyball playing performance.  
- communication strategies that convey meaning in the Research report, such as some argument presentation and report structure. | - directed responses to problems concerning the Learning of Physical skills in Volleyball.  
- communication of some meaning in the Research report, such as sentence structure. |